

Who is a candidate for Rehab Therapy?

One person arrived after sustaining a severe head injury and can no longer walk, his speech is hard to understand, he chokes on food, and cannot get himself dressed.

Another individual had a stroke, her left side is weak and her arm is swollen. She is having trouble communicating and moving her wheelchair.

A third resident suffered a spinal cord injury and needs to learn to use his hands again. He needs to learn to feed himself and manage a power chair.

ASSESS PLAN ACT



Edgemoor has great success in helping individuals regain skills they need to live more independently. Skilled therapy combined with a therapeutic environment and restorative program is a successful model that allows us to strategically utilize our resources to provide high level care to all.

What if you want additional therapy?

Families or residents are welcome to seek out other treatment options in the community. These services may be provided by your insurance carrier or you can arrange payment. We ask that these other providers share their recommendations with our staff so we can better coordinate and assure that services are not being duplicated.

Vision

Live Well San Diego: A region that is Building Better Health, Living Safely and Thriving

Mission

To efficiently provide public services that build strong and sustainable communities

Values

Integrity, Stewardship and Commitment



Information about Edgemoor DP SNF is available on www.medicare.gov/NHcompare.asp

Edgemoor has been given the highest award for quality, five stars, by the Centers for Medicare and Medicaid Services. Edgemoor DP SNF is the proud recipient of the American Health Care Association National Quality Silver and Bronze Awards for our quality improvement efforts.



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**Skilled
Rehabilitation
Services
EDGEMOOR
DP SNF**

What are Skilled Rehabilitation Services?

Physical Therapy - addresses problems related to mobility or movement such as weakness, pain, balance problems or strength so people can walk or use a wheelchair or transfer from their bed to a chair more easily.

Occupational Therapy - addresses those with cognitive problems, decreased strength, and balance difficulties which would require compensatory skills to perform activities of daily living.

Speech Therapy - addresses those with difficulty swallowing, speech problems, cognitive problems, and memory deficits, who can benefit from strategies to communicate as well as safe swallowing.

Who is a candidate for Skilled Services?

A resident with an injury that is amenable to improvement is a candidate for skilled therapy. Some injuries can be so massive that there is little that can be done. An injury to the brain that it is so severe that the person cannot talk, eat, walk or move themselves is often too severe for therapy to intervene. To participate in skilled rehabilitative services, a person has to be able to understand directions and, most importantly, has to be motivated to stay on the pathway of getting better, making progress every week in their function.

Insurance companies, as well as Medi-Cal and Medicare, provide strict guidelines about who is eligible for services of speech therapy, physical therapy and occupational therapy. Those in therapy must make steady progress towards practical goals. All therapies require a physician order.

What happens in Skilled Therapy?

The therapist evaluates the resident, then sets up a treatment plan which includes the problems, specific goals to aim for, frequency of the visits and the duration of the plan.

At the end of each treatment interval, the therapist reviews the goals set and the progress that has occurred toward the goals. If the resident has shown significant practical improvement of functional abilities and it is anticipated that there are more gains to be had, then the skilled therapy is continued.

How can families help their loved ones while the resident undergoes rehab?

Families may assist by bringing appropriate clothing, including shoes or sneakers, for dressing training and or ambulation training.

Families can assist their loved ones with their home exercise program by following instructions given for safety with swallowing.

Family members can assist residents to get better by reminding them of their new skills, providing encouragement and even rewards for success.

Family members need to be understanding. Physical injuries and more particular injuries to the brain can take years to recover from. Those with brain injuries can become overwhelmed with too much pressure; they need a structured environment as well as a degree of stimulation that is not overwhelming. Most residents that come to Edgemoor improve, but they rarely get "back to how they were".

Who does therapy and where does it occur?

Edgemoor has two full-time physical therapists, a full-time occupational therapy assistant, a full-time occupational therapist assistant, and a speech therapist to provide therapy on site.

Residents are treated in their rooms, in the gym, in the neighborhood's great room, outdoors, and at times out in the community.

When is therapy discontinued?

Therapy may be stopped because goals have been reached or the individual stops making steady progress. There are specific guidelines for funding through Medi-Cal and Medicare. An individual may not be able to walk perfectly, they may need special equipment for feeding or dressing, they may need memory aids, but they can function better. We often wish there was more progress, we wish it could be as it was before, but recovering from injuries is rarely complete. Attaining goals is a cause for celebration, but also a call to continue to practice what was gained otherwise these gains can easily be lost.

Sometimes therapy is discontinued because the individual is just not progressing enough to stay on a therapy program. This is common and more so in those with brain injuries. The injured brain is slow to heal. People with brain injuries may have trouble understanding, cooperating, getting motivated, or taking initiative. They may have such serious injuries that they cannot make gains, or they may just not be ready to do the intensive work required by therapy. Many times therapy can be re-started once their medical condition stabilizes.

What happens after therapy?

Our Edgemoor community is designed to care for residents with injured brains and bodies; we call it a "rehabilitation environment." Staff is trained to assist residents but also to encourage them to do as much for themselves as they can. Ways to stay active include community meals, outside exercise stations designed for wheelchair users (Barona Patio), therapeutic recreation including painting, crafts and ceramics, games, music and current events and specialized projects like cooking, parties and religious gatherings. Daily conversations and going about the business of daily living provides many opportunities to get stronger, develop social skills and improve coordination.

Many residents receive a Home Exercise Program with exercises they can do on their own or be followed by the restorative program. This program, called Restorative Nursing, utilizes specially trained Certified Nursing Assistant staff that is closely supervised in carrying out a program developed by the physician and physical, occupational or speech therapists.

